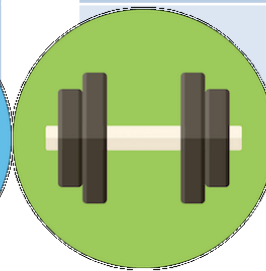
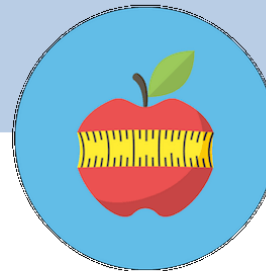




Corporate Wellness

Healthy Cooking Demos	Healthy Eating	Weight loss packages	Out of the box services
Quick lunch demo	Display of healthy food products	8 Week Weight Loss Program	Professional speaking – What is the best diet for health
Quick dinner demo	Shopping tours	✓ Individualized eating plans	Mystery Box Cook-offs
Healthy lunchbox	Rate my plate workshop	✓ Group challenge	Wellness days consultations
Soup demo	Label reading workshop	✓ Competition	
Smoothie demo	Adapting recipes workshop	✓ Motivation	
Salad demo	The holistic approach to health workshop	✓ Stress management	
		✓ Bi-weekly check-in	



For more information:
<http://nourishdieticians.co.za/corporate-wellness-days.html>



Corporate Wellness rates

Type of program	Brief description	Rate
Healthy cooking demonstrations (1-2 hours)	We offer healthy corporate cooking demonstrations as well as interactive classes at your workplace. The demonstrations consist of simple healthy meals to help inspire people to learn new cooking skills and prepare nutritious and budget-friendly meals at home.	R1500 +R500 (groceries)
Display of healthy food products (6 hours, 09:00-15:00)	We offer healthy food displays at wellness days to increase staff awareness of healthy eating. Displays can be themed (e.g. healthy lunchbox/ smoothies) or they can be general food displaying an array of ideas (portion control/ label reading)	R2500 +R500 (groceries – if applicable)
Shopping tours (1 hour)	Shopping tours are an exciting and information packed tour of your local supermarket, designed to improve confidence in making healthier food choices. We take up to 10 staff members on a one hour store trip where they learn to identify the best products to buy.	R100 pp



Corporate Wellness rates

Type of program	Brief description	Rate
Workshops (3 hours)	We offer healthy eating and nutrition workshops to educate your staff around the health benefits of maintaining a healthy diet and common myths and misconceptions about dieting. We give practical and simple tools to allow staff to incorporate healthy foods into their diet on a daily basis.	R3000 + R500 (groceries – if applicable)
8 week weight loss program (individual or group)	We offer individual as well as group programs to help your staff get into better eating habits and achieve weight loss goals. These are consultations with a dietician and include designing an eating plan. The programs run over 8 weeks, but can be extended as needed. Individual sessions: all sessions 30 minutes Group sessions: all sessions 60 minutes	Individual R2400 pp Group R1200 pp
Professional speaking	Keynote presentations on any healthy lifestyle topics presented by one of our dieticians. Our presentations are customised for your needs.	R3000/hour



Corporate Wellness rates

Type of program	Brief description	Rate
Wellness Day consultations	We offer half hour individual consultations at wellness days where the staffs' individual diets are assessed and individualised according to their goals and needs.	R350 pp
Mystery box cook-offs (2-3 hours)	This is a fun team building experience where four teams of two make a healthy delicious meal from a box of mystery ingredients. This can be done as a competition or simply cook together and taste the dishes together after. You will get tips and tricks from our dietician on how to keep the meals healthy and tasty.	R2500 +R500 (groceries)
Customise your wellness day	Contact us with your companies specific requirements and needs and we will send you a quote.	